Sam Hoffmann Mr. Pickett Russia

Food Presentations

1. What foods are commonly eaten?

They usually eat fish, beef, hot and cold soups, bread, and pastries.

1. What does a typical breakfast consist of? Lunch? Dinner? At what times are these meals eaten?

**Breakfas**t: they have bread and coffee or tea. They also will eat pancakes, huge omelets, and sandwiches. They eat breakfast in the morning before they go to work or school.

**Lunch**: they eat salad, soup, and then red meat or fish with two sides (in that order). They eat lunch in the mid-day and it is usually the largest meal of the day.

**Dinner**: the eat a variety of appetizers and hot tea. The appetizers consists of blintzes, bread, flavored butters, cured fish, pickled vegetables, and caviar. They eat dinner after they come home from work and this meal is not as big as lunch.

1. What are some (at least two) famous recipes from your country?

#### Cabbage Pirozhki or Piroghi - Ingredients for dough

* 2½ cups sifted flour
* 1½ teaspoons baking powder
* 1 teaspoon salt
* ½ cup vegetable shortening
* 2 Tablespoons butter 1 egg
* Ice water Ingredients for filling
* 5 cups chopped cabbage (2 small heads of cabbage)
* 2 Tablespoons salt
* 4 cups boiling water
* 2 chopped onions
* 4 Tablespoons butter
* 1 Tablespoon dill or parsley, minced
* 2 hard-boiled eggs

### Borscht (Beet Soup) Ingredients-

* 3 cans (14 ounce) beef broth
* 2 medium beets
* 1 carrot
* 1 onion
* 3 potatoes
* ¼ head of cabbage
* 1 Tablespoon tomato paste
* ½ green pepper
* ½ fresh parsley
* Salt
* Pepper
* 1 teaspoon lemon juice
* 2 cloves garlic, chopped
* Vegetable or olive oil
* Sour cream as garnish
* Sugar, to taste

1. What are some foods from this country that are commonly eaten in your country? Are the foods prepared differently here than in this country? Beef stroganoff is commonly eat in Russia and is prepared the same way here.
2. What is your personal opinion of this country’s food? What looks appetizing? What looks repulsive? How do you think you are going to do eating this food every day? I think the food is ok looking. I am not a big fish person so that doesn’t look good to me. The apple cake looks very good though. I think I would have an ok time eating this food every day.